



## MEDICAL CLEARANCE FORM

Dear Doctor \_\_\_\_\_:

The individual you are examining has been requested to obtain a Medical Clearance to take the Physical Fitness Test (description attached). Successful completion of the test is required to qualify for employment as a Police Officer in the El Paso Police Department. The test is designed to evaluate an applicant's ability to perform many of the physically demanding tasks which confront entry-level Police Officers, and were developed on the basis of extensive research. Please indicate whether, in your opinion, there are any medically-related reasons why the individual should be prohibited from taking any of the tests. Please refer to the individual's medical self - screening form (attached) to assist you in making your determination and then fill out the information below.

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Having reviewed the medical self-screening form of \_\_\_\_\_, and  
(Individual's Name)  
having personally examined him/her, it is my professional opinion that:

Check (✓) one:

\_\_\_\_\_ It is unlikely participation in the Physical Fitness Test will pose a significant medical risk to the above-named individual.

\_\_\_\_\_ The above-named individual should not participate in the Physical Fitness Test.

Comments:

\_\_\_\_\_  
Signature of Physician

\_\_\_\_\_  
Date

\_\_\_\_\_  
(Print Name)

\_\_\_\_\_  
Date

\_\_\_\_\_  
(Address)

\_\_\_\_\_  
Date



## **POLICE TRAINEE/CERTIFIED POLICE TRAINEE/POLICE OFFICER**

### Physical Fitness Test Information

#### **PUSH-UPS Objective: To complete 18 correctly performed push-ups in one minute.**

Your hands are placed about shoulder-width apart, with fingers pointing forward. The administrator places one fist on the floor below the subject's chest. (If a male is testing a female, a 3-inch sponge may be placed under the sternum to substitute for the fist.) Starting from the up position (elbows extended), you must keep your back straight at all times and lower your body to the floor until the chest touches the administrator's fist. You then return to the up position. (This is one repetition.) Resting should be done only in the up position.

#### **SIT-UPS Objective: To complete 27 correctly performed bent-knee sit-ups in one minute.**

You must lie on your back on a floor mat, with your knees bent and feet flat on the floor. Your hands must remain interlocked behind your head throughout the exercise. A test administrator will hold your feet and count the number of correct sit-ups completed in one minute. A correct sit-up requires you to touch your elbows to your knees and return to the starting position, that is, the small of your back touching the mat. Sit-ups done incorrectly will not be counted.

The official timer will tell you when to start and when to stop. He/She will call out the time remaining every 15 seconds, and during the last 10 seconds will call out the time remaining every second. Your performance will be determined by the number of sit-ups properly completed in one minute.

#### **1.5 MILE RUN Objective: To complete a 1.5 mile run within 15:20 minutes.**

The 1.5 mile course consists of 6 laps around a 1/4 mile track. Prior to the 1.5 mile run you will be given a warm-up period. Any applicant who steps off the track during the exercise will receive a failing score for this event. If you find that you are forced to walk some of the distance, you should move to an outside lane to continue so that you will not interfere with the performance of the other applicants. There will not be any lane assignments and you are encouraged to run in the inside lanes provided you are not walking.

The official timer will tell you when to start. The timer will also call out the cumulative time for each applicant for each 1/4 mile lap completed.

Upon completion of the run, it is recommended that you move to an outside lane and continue by walking a 1/4 mile lap to cool down. You are then to return to the starting area where you will be advised of your status by a test administrator.